

June – Men’s Health Month

Drop-In Article

To Use: Fill in the article below with success stories from men who participate in your lifestyle change program (e.g., men who come on their own, together, after work, etc.). Once you’ve filled in the article, you can post it to your organization’s website, publish it in your organization’s newsletter, and/or send it to a local newspaper or magazine.

Men’s Health Month Is For You!

June is Men’s Health Month. Sure, nowadays there’s a month for everything – but this one is for you! Take some time to think about your health and schedule a yearly checkup with your doctor. It’s easy to take your health for granted, especially when things are busy, but there is something you can do now, today, to get a sense of how healthy you are. The best part is you don’t even need to leave your house to do it. All you have to do is take a 1-minute online test to learn if you might have prediabetes.

Prediabetes is a condition that affects 96 million Americans – or 1 in 3 people – and it means that a person’s blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. Men are more likely to have prediabetes than women, which means it’s important for you to know your risk – and for your buddies to know their risk too. The good news is prediabetes can often be reversed with a healthier diet and more physical activity.

To take the 1-minute test, visit cdc.gov/diabetes/risktest. You’ll be asked a few simple questions about your health, such as how active you are, whether you have a family history of diabetes, and how much you weigh. Then the website will tally your points and tell you whether you’re likely to have prediabetes and be at high risk for type 2 diabetes.

Of course, if you find out you have a high-risk score, you’ll want to make that appointment with your doctor. But for now, just taking the test can let you know where you stand.

If you do have prediabetes, your doctor might refer you to a program like [name of program], [part of the CDC’s National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. At [name of program], you can learn ways to lower your chances for getting type 2 diabetes. [Insert quote here from a male lifestyle change program coach or participant. It should focus on why it’s important for men to learn their risk for prediabetes and take the necessary steps to prevent or delay a type 2 diabetes diagnosis. Feel free to add personal examples or details.]

This month is for you! Take the one-minute prediabetes risk test at cdc.gov/diabetes/risktest. And tell a buddy or two to do the same.



Sample E-Newsletter Copy

To Use: The following can be used as a guide for promoting the program in June during Men's Health Month in online e-newsletters, specifically through email distribution. Consider placements in a community newsletter, local health care provider or network newsletter, or faith-based newsletter.

Men's Health Month Is For You!

Nowadays it seems like there's a month for everything – but this month is for you! June is Men's Health Month, the perfect time to make an appointment with your doctor. It's easy to take your health for granted, but there is something you can do now, today – take a quick online test to learn if you might have prediabetes.

Prediabetes is a condition that affects 96 million Americans – or 1 in 3 people – and it means that a person's blood sugar levels are higher than normal but not high enough yet for a type 2 diabetes diagnosis. Men are more likely to have prediabetes than women, which means it's important for you to know your risk – and for your buddies to know their risk too. The good news is prediabetes can often be reversed with a healthier diet and more physical activity.

Take the risk test

To take the 1-minute test, visit cdc.gov/diabetes/risktest. You'll be asked a few simple questions about your health such as how active you are, whether you have a family history of diabetes, and how much you weigh. Then the website will tally your points and tell you whether you're likely to have prediabetes and be at high risk for type 2 diabetes.

Of course, if you find out you have a high-risk score, you'll want to make that appointment with your doctor. But for now, just taking the test can let you know where you stand. If you do have prediabetes, your doctor might refer you to a program like [name of program], [part of the CDC's National Diabetes Prevention program OR a CDC-recognized lifestyle change program]. At [name of program], you can learn ways to lower your chances for getting type 2 diabetes.

This month is for you! Take the one-minute prediabetes risk test at cdc.gov/diabetes/risktest. And tell a buddy or two to do the same.



PSA Live Announcer Script (:30)

To Use: You can send this 30-second PSA script to a local radio station and ask the station manager to have a DJ record it, read it before an event, record it for their telephone system, and/or record it and share the recording with local pharmacies.

June is Men's Health Month, and there's one important thing you can do now, today, to take charge of your health – take a one-minute test at cdc-dot-gov-slash-diabetes-slash-risk-test to learn if you might have prediabetes. The best part is it only takes you 60 seconds. If you find out you might have prediabetes, make an appointment with your doctor to learn what you can do to prevent or delay type 2 diabetes.

[Consider replacing cdc-dot-gov-slash-diabetes-slash-risk-test with your program website if you have the prediabetes risk test there.]



Men's Health Month Social Media Copy

To Use: You can use the following social media post copy with images to promote Men's Health Month on Facebook, Instagram, and Twitter. If posting on Instagram and Twitter, you may want to incorporate the hashtag #MensHealthMonth within the post copy.

Post Copy
Got a minute? That's all it takes to complete the prediabetes risk test. Find out if you might have prediabetes today at cdc.gov/diabetes/risktest. Spanish: ¿Tienes un minuto? Eso es todo lo que necesitas para completar la evaluación de riesgo de la prediabetes. Entérate hoy si es posible que tengas prediabetes en cdc.gov/diabetes/spanish/risktest.
We get it, you're a busy guy. Maybe you're not too focused on your health. But did you know 1 in 3 Americans has prediabetes? Visit cdc.gov/diabetes/risktest to find out if you might have prediabetes today. Spanish: Lo entendemos, estás muy ocupado. Tal vez no estés muy enfocado en tu salud. Pero, ¿sabías que 1 de cada 3 americanos tiene prediabetes? Visita cdc.gov/diabetes/spanish/risktest hoy para saber si es posible que tengas prediabetes.
Nowadays there is a month for everything – but this month is for you! For Men's Health Month, take some time to think about your health and learn if you might have prediabetes by taking the prediabetes risk test at cdc.gov/diabetes/risktest. Spanish: Es el Mes de la Salud del Hombre. Toma este tiempo para pensar en tu salud y aprender si es posible que tengas prediabetes al hacerte la evaluación de riesgo de la prediabetes en cdc.gov/diabetes/spanish/risktest.
You probably remember to change the oil and check the tires, but when is the last time you checked in on your health? Men's Health Month is the perfect time to learn if you might have prediabetes. Visit: cdc.gov/diabetes/risktest. Spanish: Probablemente te acuerdes de cambiar el aceite del carro y de verificar los neumáticos. Pero, ¿cuándo fue la última vez que verificaste cómo estás de salud? El Mes de la Salud del Hombre es el momento perfecto para aprender si es posible que tengas prediabetes. Visita: cdc.gov/diabetes/spanish/risktest.
You and your buddies do everything together. You never miss a game or a night out. So why not do something together for your health? Learn whether you might have prediabetes today. cdc.gov/diabetes/risktest.
Do your dad a favor. Help him stop type 2 diabetes before it starts. Encourage him to learn if he might have prediabetes today at cdc.gov/diabetes/risktest. Spanish: Haz algo por tu papá. Ayúdalo a tomar acción para evitar la diabetes tipo 2 antes de que empiece. Motívalo a que aprenda si es posible que tenga prediabetes en cdc.gov/diabetes/spanish/risktest.